

r/detrans

.Posted by
u/TullipR

[Detrans]  

5 days ago



A Detrans Timeline - Male

Hello World,

My name is Ritchie and I've been speaking out on twitter under the username <https://twitter.com/TullipR> I'm 35 years old, live in the UK and I am, always have and will be male.

I began taking cross sex hormones in 2014, at the age of 26, and had genital surgery at age 30 after always having struggled with my self-image.

Just as when I transitioned, when I detransitioned many of my old photos were deleted out of shame, spite, and fear. I didn't want a reminder of that part of my history, not because it's all full of pain but as well as feeling negative about some of the photos, I'm often also overcome with a bittersweet melancholy, and I find myself romanticising what was actually an extremely turbulent time in my life.

I certainly learned a lot about myself, the world, but I felt like I paid a huge price to do so. After nearly a decade of IDing as trans and medical transition, I have been left with more issues than what I came in with, only this time there's a physical aspect to it as well as psychological.

This was the main reason I detransitioned, I was no better off, even after nearly a decade. I first heard a detrans man say that dreaded phrase "I can't do this anymore" and it was just branded in my brain, I couldn't escape that phrase and for days, weeks after the conversation I woke up feeling the same.

I try not to use terms like male to female to male, transition, etc because the reality is, I was always male, I was never female and I'm not back to being male now just because I said so.

I was always male, the only difference this time is I'm not ashamed of being so. It feels too little to late after what I've done to myself, but I'm here and thats what counts.

I hope to check in the future with more detrans timeline photos, as i've only been detransitioned a few months I dont have much to share as I did before.

Anyhow, thanks for reading ^_^

Ritchie

[TheNarcissisticMonk](#)

·3 hr. ago

desisted

Heres my personal experience. Find a Trauma Therapist. You have something in your childhood that has caused you to have dysphoria. Gender affirming therapist will unfortunately ignore your trauma and railroad you into transition. My GA therapist literally said, "why deal with your trauma? Just transition and be happy."

Come to find out I had several childhood traumas that helped push me down the road to trans. First was misandry, second was being forced to cross dress then humiliated in front of my family, third was being mentally abused afterwards regarding cross dressing as I was trying to deal with the ptsd of the event. Picked up porn addiction as a coping mechanism, and it escalated from cross dressing to trans quickly later in life after a physically traumatic surgery.

You have trauma even if you don't remember. Find a Trauma Therapist and heal. If after that you still feel that way, then consider other options like transition.

[r/detrans](#)

.Posted by
u/Huntedthrowaway81

[Detrans]  

20 hours ago

Vent: I think my entire transition is a fetish

VENT

I'm a long time lurker in this sub, and just wanted to vent about my experiences. I'm not going to sugarcoat it and be completely honest. When I was in elementary school, I felt like a boy. I have always felt like a boy. Even though sometimes I wondered what it was like to be a girl, I was still fine being a guy. My friends at school would always tell me that if I were a girl, I'd look cute. I knew that, because naturally I just looked like a girl.

When I was around 11, I started going into my moms closet, and wearing her clothes. Lord and behold I looked better in womens clothing than mens. I even started practicing makeup secretly. I liked doing it, sadly I had to do it in secret, but it was fun. This whole time I still felt like a male though, and still had masculine energy, I was not feminine. I was also attracted to women, and had no attraction to men.

I fell into the "anime trap girl" stuff when I was 12, it was like a fantasy, imagine dating a guy that looked identical to a girl. So what I would do Is I would imagine myself, dating a guy, and I would be

the "trap". Either that or I was the guy dating a trap. This weird phase didn't last long, but I continued dressing as a girl.

At 14 I stopped doing this because I knew it was pretty weird, it felt wrong to do. Sneaking into my moms closet to wear her clothes is weird. At 15, I started to exercise heavily, and got into bodybuilding. It felt great, but after a while I noticed that I was taking it too seriously, and got reverse anorexia from it, and I noticed I was becoming a douchebag too. During this I was kind of sad that I didn't look as good dressing up as a girl anymore. The good news is that I got a girlfriend, and made me feel a lot better, and she was into dressing/cosplaying. When I was about to turn 17, some trauma happened, I had to stop sports. This wrecked me entirely. This time though, I got something worse, actual gender dysphoria and body dysphoria. My surgeon said no sports for 6 months, after I could lift weights or whatever. It's been 7 months since it happened and I still don't want to lift, because of my gender dysphoria.

I don't know what's causing all of this, but (NSFW) I used to watch porn when I was 15, and I would always imagine myself as the guy, which is pretty normal. Then I went from girls to guys. I stopped watching that type of stuff because it's weird. After the trauma I got addicted to it again, like pretty addicted, and try to imagine myself as the trans girl, or the person getting dominated. The biggest issue, is that my dysphoria would be at its peak, I'd be stressed and depressed that I'm not a girl, I'd watch porn and then it'd disappear, and I'm fine being a male, and my dysphoria goes away. I went on T blockers, and now it's making me realize things. Maybe this whole thing is just a weird fetish? I lost all desire towards women, I'm not attracted to men, but sometimes when I'm outside I see a hot guy and try to imagine what he's like. Is this the effect of porn?



[r/detrans](#)

.Posted by

u/r3j0ic3

detrans female

14 hours ago

**feel completely devastated and broken,
just want this to end**

warning: bitching abt childhood trauma shit

Detransitioned female (roughly 1.5 years on T, stopped more than a couple years ago). I feel broken even aside from all the gender crap. My entire life feels like an unreal nightmare. Have CPTSD caused by family that I live with cause I'm too dysfunctional for a job and school.

Mom sent me to a conversion therapist when I was 14 bc I was gender nonconforming/realized I liked girls. I realize now I'm basically just a dysphoric masc lesbian. I feel subhuman for it, especially now with the changed voice. I have no stable and healthy sense of self to begin with, so not being conventionally attractive as a female makes me feel absolutely disgusting and worthless. I have this stupid desire to experience being male/having a male body + discomfort/detachment from my body but idk exactly what it is. Internalized misogyny/homophobia? Body dysmorphia? Gender dysphoria? A broken, confused person? Am I even interpreting my identity correctly? Feels like I'm always hearing/reading people telling me I'm not. That I'm lying to myself. Maybe cause that's what my mom did? Is this some OCD shit? I'm obsessive/ruminative as fuck and it is TORTURE. I'm imprisoned in my fucked up head.

I never felt safe to tell family about detransitioning bc of how they treated me, so I've pretty much just been floating around all alone with this shit aside from support from internet strangers and parasocial relationships with trainwreck celebrities. I'm always cripplingly self aware of what a disgusting freak I must look like to my family and normal people in general. Looking at LGBT/trauma support shit online makes me feel weak and embarrassed and pathetic, but I desperately crave the crumbs of validation it gives me. I've lost track of how many posts/accounts I've created and deleted. It helps but it's like drops of water in a desert.

To be honest, a lot of the culture war stuff that I see here about "trans ideology" and "ruining children" makes me extremely uncomfortable bc it reminds me of the shit my mom said growing up. She dishonestly weaponized it, told me that I thought I was dysphoric/gay bc of my shitty relationship with my dad, asked me if I could "just got back to being a lesbian", said shit about how I "can't be one of those butch dykes", wanted me to talk to detransitioners, warned me to not "mutilate" my body via surgery, etc. I really don't know or give a fuck what the correct opinion about all this shit is, I just don't need other fucked up people manipulating me and telling me what I feel and why. I'm so confused. I want to be put out of my misery. I want to go home where I'll be safe and cared for but that's a fantasy. I can't live like this. I can't stand existing with this body/mind.



[r/detrans](#)

.Posted by

u/UniquelyDefined

detrans male

4 days ago

I Need to Vent

VENT

My life is falling apart. I had everything. I was getting married. I was moving to a new country. I was starting a new life. I had so many plans.

Now I am probably losing my marriage, I haven't been able to do anything I planned. My life looks nothing like I imagined or even like it was. I am never happy. I will probably have to move in with my parents until I can hold myself together.

Do you want to know why? Because I can't stop crying... I cry all night and I cry all day. When I get a break from crying I complain or I sit in silence. I never leave my bed.

You may think my marriage is not happening because I have been abandoned, but that's not it. She's still with me... But we can't find a day to do it, because I'd be showing up with red eyes and tears all over my face. I actually have a limited amount of time for personal reasons, so I do need to do this soon... but it is going to be ridiculous...

HRT took my body from me. I don't feel like myself so I pretend through every day. I think my hormones must be permanently fucked because things are not getting back to normal like they should. I regret it every time I move. I regret it when I look at myself even by accident. I can't stop the breakdowns from happening. I recently harmed myself... I don't want to talk more about it...

This was going to be the best time of my life. I let the stress of a new future cause me to buy into the advice of trans "friends" who all told me if I did not transition I'd regret it forever. They told me I was getting too old and had to do it now.

I knew I was under pressure, but I didn't realize it was making me over react like I always do... I was trying to safeguard my future. I was trying to overprepare. I was trying to make sure I did everything I possibly could to ensure we would be happy. Instead I threw it all away.

I walked into that clinic and no one asked me why I was really doing this. No one asked me if this was a stressful time in my life. No one asked me if maybe I just wanted to feel special or safe or young or hopeful, or any of the things I know I was thinking when I made the decision to start.

I can't stop thinking of that trans friend who said I had to do it right away before I got too old. Now I regret losing myself when I liked myself most, and I have a long life ahead of me to regret that, because I am indeed not very old.



[r/detrans](#)

.Posted by
u/Artmisa1

questioning own gender transition

4 days ago

Hello there! my psychologist is validating enabling me being trans when the whole purpose of me getting a psychologist was to get rid of this trans feelings. Now the psychologist is encouraging me to continue hormones and participate in women activities and I fell for it



[r/detrans](#)

.Posted by

u/antanthonytony

questioning own gender transition

5 days ago

First day of pride month going AWFUL (ftmtf)

[DISCUSSION](#)



I'm not out as detrans yet. My friend keeps tagging me in pride/trans related posts and I'm uncomfortable for two reasons,

- 1. Again, not out as detrans, I'm not ready to talk about it.*
- 2. I don't want to advertise my sexuality, I like to keep that between me and my bf. It's just no one else's business.*

I removed myself from the posts but she hasn't said anything yet. I don't mean other posts, I mean HER posts, like, posted on her account, and of course we have a lot of mutuals. It's one thing to include her friends in pride month, but she was only tagging her other trans friends, and she has no reason to try and tell everyone about that.

Kinda pissed.

Then another friend asked me for my pronouns and I'm just trying to figure things out. I'm so angry I got sucked into believing if I were a man I could escape my issues and insecurities, who I was before and growing up religiously. I just don't need this right now... why is there no support for us? Why is there no clinic, or guide, or some kind of help we can seek out? I can get myself into this mess, but now I have to get out of it alone.



[r/detrans](#)

.Posted by

u/02jackwinchester

detrans female

2 days ago

F* this**

Struggling to find the motivation to want to go on knowing what I've done to myself and that I'll never be able to get back what I've lost I sacrificed my entire teenage years for something that'll never be a reality and idk if I can handle life after all this I'm just over it

r/detrans

Posted by

u/assassindaud

questioning own gender transition

2 days ago

Feel like it's too late

ADVICE REQUEST

Hello, I've been living as a male (ftm) for roughly 6-7 years now. I'm 28, living in the UK. I've been through social transitioning, as well as being on hormones for a majority of that time. For the past couple of years, I don't know... I feel like I've finally come to accept my femininity. I think I have come to address what I thought was dysphoria, was in fact, just a huge, HUGE bout of self hatred and body issues. I've always been curveless, practically flat. Got made fun of a lot about it from other people as well as family. I'm not going to lie, but coming out as trans and living as male DID make me feel a lot better at the time and my mental health improved considerably. I pass ok, not all the time but I'd say a good 90%. But in the recent years I have started dwelling on the idea that hell, I think I may have ruined my life. I genuinely miss my old self. I think my body looks good in the mirror now! I regret all the pain and awkwardness I put my family through. I feel like the years I spent as a man could have been spent much better as a woman. I feel less confident and alienated.

But at this point? I don't know whether detransitioning would do anything but put further strain on my family who have been wonderful and supporting, like I did all this and put them through that for nothing. I also have a boyfriend who I've been seeing since I came out, practically, and he is trans also. I feel like he'd hate me or see me as lesser. I worry he fell in love with me as a male and might have difficulty accepting me (even though he is bisexual as I am). To add to that, I also started a new job and all my coworkers know me as male, and the idea of going back and having them think I'm either a trans woman or an absolute weirdo is just too embarrassing and awful to think about. But I just!!! Don't want to waste any more time on something that could still take years of my life from me. Hell, the idea of having children used to repulse me, but now seeing little kids in stores calling for their 'mummy' just makes my heart hurt. I want that. If I kept up living as a man I know the hormones would make me incapable of having a child of my own.

I truly don't know what to do and I feel like I'd be letting everyone who supported me down, having the shame of coming out AGAIN to my friends and looking like a big f'ing dumbass in everyone's eyes. I know I shouldn't worry about what others think, but that's essentially what got me into this

position. Sometimes I think about leaving my job and applying for another with a female name so I can escape the pressure, aha.

I don't know what I'm asking for here, someone to talk some sense into me I guess? Usually I'd try taking some baby step like living as female again before telling everybody, but like I said with my job it'd be a really big deal (and it's not like I can pretend to be a new hire, my tattoos ruin that for me lmao).



[r/detrans](#)

.Posted by

u/succuma

desisted

2 days ago

Trans was a cry for help.

DISCUSSION

I do not relate to the ROGD kid.

Most of my friend group were boys.

I don't feel uncomfortable with being female. I am just competitive and saw male as the better sex.

The TRAs pushing their agenda just happened to fit mine.

"No one pretends to be trans unless they actually are." Oh yeah?? Bet. As well as statements like "If you WANT to be a boy, you ARE one." That, I never believed. I knew I was fooling myself, and roping others into believing me (which wasn't that hard, cause even as a "cis woman" people always believed I was MtF since femininity is superficial, at least on a societal level).

I realize now how superficial I was being as a teen. As a middle schooler, I thought I was a cat. Same thing, right?

For some reason, aside from TERFs, it's not seen as sexism to the largest degree. And even TERFs will blame like — "the patriarchy" instead of my own internalized misogyny, if that's even a concept.

Did I have to developer dysphoria for anyone to realize something was wrong and help me? Did I really have to induce this in myself for someone, anyone to care? How bad do I have to debilitate myself before I deserve help? No one pays attention to the depressed, ostracized female. When you're a cute and cool boy, though...

Life was certainly easier, but I knew I was just fooling myself and roping in others from the start.



[r/detrans](#)

.Posted by

u/NuclearBaroness

questioning own gender transition

3 days ago

How do I stop being Transgender?

QUESTION

People keep trying to remove transgender conversion stuff and its very hard to find does anyone know or have any advice on how to get transgender thoughts out of my head? I've been having them since I was a kid and I don't want this anymore please help I don't agree with this ideology and the people I find it disgusting and have had enough of it



[r/detrans](#)

.Posted by

u/02jackwinchester

detrans female

3 days ago

dealing with impatience

ADVICE REQUEST

How do you all deal with the waiting period of your detransition, I'm getting more and more impatient by the day and it's starting to really affect my mental health. I just want this all to be over, nothing but a bad memory of a life that I've put behind me but it feels like it's never going to happen and I'm getting a bit discouraged

I'm ready to live the life I was always supposed to have, I'm almost 20 years old and my entire teenage years were spent miserable over so called "dysphoria " I don't want to be held back by my mistakes anymore but the cost and reality of undoing the 4 years of hormones is proving a lot harder than id like and sometimes it just gets too much

Any advice on how to cope with not being where I'd like to be?



[r/detrans](#)

.Posted by

u/mctrowawayacct5534

questioning own gender transition

5 days ago

I don't know where to go from here and I'd like to know if anyone else felt the same (tw: Ed, dysphoria etc)

ADVICE REQUEST - FEMALE REPLIES ONLY

(DETRANS FTMTF(?) I don't know if this is the right flair, so please forgive me. I can't really talk about my feelings elsewhere, so this is going to be very long. (Not quite detrans, but certainly questioning ftm)

I've always had a discomfort with my body. As long as I could remember I couldn't stand my naked body. I didn't know what a male body looked like, only that seeing my own body had always made me want to scratch my skin off. It got worse as I got older and formed breasts and hit puberty. I figured I could negate puberty by starving myself and not giving myself the resources to become a woman. I would always daydream about having breast cancer so I could remove them, and I wondered what my body would be like if I were born a boy.

Ironically I've never had a problem with being called she/her pronouns, my name or feminine itself. Some things irked me that were associated with femininity, like being weak, emotional, not being able to do certain things etc (these things are obviously not true, just assumptions and things that were projected on me).

I came to the conclusion that I was FTM. I don't think it's entirely incorrect, but now that I've made some strides I find myself questioning again. I haven't taken any hormones or done anything other than cut my hair and change my preferred name. And my stress is coming from my self perception. My hair makes me look more masculine, but also I feel like I wish I had kept it. And then my thoughts start to spiral. "I shouldn't have cut my hair, you'll never be able to be a man, your body is disgusting" etc and I feel the need to starve myself again.

I still have body dysphoria, but I don't know what to do. On top of that the embarrassment of walking back my name change to the people I care about and to my job. I keep going back and forth with my identity and what I tell people to refer to me as. I truly do not think I am a woman but I don't think I'm a man either.

I do believe that as long as I'm having ED related intrusive thoughts I should not attempt to medically transition.

I was wondering if anyone felt similarly, and what you did/are doing.

[EmileWolf](#)

[·4 days ago](#)

desisted

Are you me? My story is the exact same - disgusted with own body, starving yourself to prevent puberty, daydreaming of breast cancer.

I did the same too, cut my hair and changed my name. I lived as a closeted trans-guy for a few years, and then came out and lived openly as trans for some 3~ years. During this time, I noticed my

ED thoughts didn't disappear, even though I have 'recovered'. One thing I also notice is the worse my ED-thoughts, the worse my gender dysphoria. Therefore I believe it's not unrelated. I'd advise you to watch out for those patterns yourself. Is your dysphoria centered around typical ED traits (hating your thighs, wanting to stay small and invisible - which your adult women's body prevents, etc). Don't do anything medical until you are absolutely sure. I currently identify as agender. I completely pushed aside the idea of gender and use all pronouns. This gives me the time and freedom to separate ED-thoughts from trans-thoughts.

[r/detrans](#)

.Posted by

u/Ok-Assignment4777

questioning own gender transition

19 hours ago

Too many people are told to transition as if it's not permanent.

VENT

In my old non binary Facebook group you basically couldn't play devils advocate.you had to be 100% supportive or you got labeled as a troll or your comment was deleted or your post wasn't even posted.I'd see it time and time again.someone who want to transition after a traumatic act like a miscarriage or an abusive spouse and you couldn't say anything.a lot of the problems were bigger than trans issues.Most of the people seemed lonely or black sheep in their family and wanted community.Some of them I could follow over a short period of time and see that things were getting rapidly extreme as far as names and pronouns .We live in a society were you can't say anything against it.and I believe that is the true agenda.I believe it's called an echo chamber and it's so dangerous.you can clearly tell these people are acting off of a high or whim and it makes me so angry because I'm scared for them.anyone of them is susceptible to being influenced by this trend.it's not just an age thing.There are a lot of vulnerable people.but what happens when that high goes away.I don't know if any of you have been in these groups but it's madness.the prevalence

of bpd,did,and autism is unheard of.I don't know at this point what can be done or said to get it through to people.at least three times a week I'd see someone saying they want top surgery or hormones and they are worried about the effects.and everyone is telling them things like' bottom growth takes a while to come in,you probably won't get facial hair and if you do there's laser removal,or if you get top surgery and don't like it you can get implants,or if your voice gets deep there's vocal surgery.you get the gist .they play down these vulnerable effects like you can decide what hormones give you and when.and if you don't like it oh well there's surgery for that too.they make their partners identify as gay and don't understand why there partners break up with them or why they get divorced and people say you'll find someone else.and then they say children can understand when they switch their name and pronouns every other month.they don't even understand what or who they are.how can a child make a permanent decision like that?sorry for the rant I've been holding this in for months.

A comment on this post:



level 1

[hiddenone46](#)

[·8 hr. ago](#)

desisted

I know the feeling. A friend of mine went through some pretty bad family abuse and started behaving a lot like their sister right before transition. I wanted to speak out to the obvious harms and potential "jumping the gun" involved but I was just shut down by that sentiment. It's hard, and these echo chambers don't make it any better for them.



[r/detrans](#)

.Posted by

u/Sileta1

Socially Trans - Regrets Medical Transition

1 day ago

Is all this ethical?

It all happened so fast... Going to a "gender clinic" and in no time being living as a woman and having irreversible surgery...

Why do they do all this to us?

I am now a chronic patient for life

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level 1

Comment removed by moderator · [3 hr. ago](#)



level 1

[lettskyet](#)

· [9 hr. ago](#)

desisted

Wasn't there anybody in your life who tried to reason with you and convince you that you're making a bad decision? No friend or family member ever told you that it's a terrible idea? I find it hard to believe.

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level 2

[AbsentFuck](#)

[·8 hr. ago](#)

desisted female

Personally I wouldn't have listened if someone told me I was making a bad decision. Anyone who disagrees with trans rhetoric is labelled as a bigot and a transphobe. The narrative isn't "listen to your family and friends if they ask you to step back and reconsider transitioning." It's "if they question your trans identity they're transphobic and you need to cut them off."

Transitioning is a very isolated and cultish process. At every step from questioning, to gender therapy, to social transition, to medical transition, it is an affirm only environment and you are told to shut out anyone who is critical of the process.

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level 1

[loveincautionn](#)

[.15 hr. ago](#)

detrans male

I'm convinced the medical industry is reeling us in to make money. Does gender affirming therapy actually help people, or does it manipulate vulnerable people to get the prodecures and medication they are selling us to become life long patients? They don't care about us, they care about the financial benefit.

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level 2

[loveincautionn](#)

[.15 hr. ago](#)

detrans male

Who are the people behind gender clinics, what is their real motive? It's a career move.

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level 3

[ErrorProxy](#)

[·9 hr. ago](#) · edited 9 hr. ago

[Detrans] 🤝 ?

It's always been like that (or at least from the 70s). Look at heart disease, diabetes, obesity, etc. Even vaccines.

Instead of encouraging lifestyle changes, they make you dependent on medicine that doesn't treat the illness but rather just the symptom.

It's a subscription service, like spotify, amazon, netflix.

Predictable revenue streams are very good for companies.

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level 1

[Charming_Marketing67](#)

[·17 hr. ago](#)

detrans male

You did it to yourself. No one did it to you.

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level 2

[Defiant-Somewhere201](#)

[·15 hr. ago](#)

desisted female

In some cases, yes.

But let's not ignore people transing their children, the complete acceptance and encouragement of being trans, the misinformation around transition and biological sex, plus the many other reasons that directly or indirectly influence people to transition.

At the end of the day, a doctor had to approve everything involved in a medical transition, which means that no one can truly do this to themselves.

Self accountability should be encouraged, but there's a reason there's so many of us, and it's not because we all socially or medically transitioned as rational adults with no outside encouragement.

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level 3

[bhee377](#)

[·6 hr. ago](#)

questioning own gender transition

And the fact that anyone can go on HRT tomorrow through "informed consent" with no evaluation whatsoever

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level 3

[bhee377](#)

[·6 hr. ago](#)

questioning own gender transition

And the fact that anyone can go on HRT tomorrow through "informed consent" with no evaluation whatsoever

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level 3

[AbsentFuck](#)

[·7 hr. ago](#)

desisted female

Let's also not ignore the fact that there is very little room in many trans spaces to allow for alternate opinions. If someone even breathes to the tune of "maybe you shouldn't do that", many parts of the trans community will tell you not to talk to those people anymore.

At gender clinics It gets even worse because most gender therapists will not try to get to the root cause of dysphoria. They will not recommend other options to transitioning. They will sometimes

play dumb when you ask probing questions and affirm and encourage adopting a trans identity (what my "therapist" did). It creates an echo chamber bubble and it can be very dangerous. If you want to be technical then yes everyone is responsible for their choices. But when you examine the situation further and see how much brainwashing and coercion can be involved, it muddies what it means to truly choose.



[r/detrans](#)

.Posted by

u/crystalskelo

[Detrans] 🤝 ?

17 hours ago

I want to sing again. I want to sing with a feminine voice again. I want a feminine voice again.

VENT

When I was little I grew up singing with my mom to Fiona Apple. I was rather good at singing before T. Singing along with Fiona Apple now makes me feel like an imposter, it doesn't fit. It doesn't match. It hurts so bad, It hurts to know I will never have that pitch again, especially since I started T at 13. I

was only on it for a little over a few years but it has destroyed everything for me, my health, my social abilities, my perception of myself etc. I hate this and I want to do voice therapy, but I'm not good at practicing and keeping with it, also having my mom drive me to the appointments which tend to be far away. I just want my lighter voice more than anything ever again, I want to hear what to me in my head sounds like a feminine voice. I want my life back, I want to speak without worry and pure hatred for my voice. I never felt this horrible about my voice even when I suffered my so called "dysphoria".



[r/detrans](#)

.Posted by

u/Ok-Assignment4777

questioning own gender transition

23 hours ago

Did any of you get told you'd be depressed after surgery and then it just never got better?

.

[CRY FOR HELP](#)

I'm so confused about what I am. I identified as non binary for years and took hormones for about 15 months and had top surgery. my top surgery was over a year ago. I don't feel at peace with myself. There are times when I'm ok but I'm mostly restLess and frustrated with my body. I've even started to cover up the mirrors in my home because I can't stand to look at myself. I feel disconnected.

I transitioned during a psychotic episode and now that I'm medicated I don't feel the same way about my body anymore. I feel like I suddenly woke up with the wrong body. it makes me wonder how many trans people are truly happy because we are usually so Adamant and so sure that the pride might be one of the hardest parts. We made a huge decision and it didn't go as we planned. That's what I'm scared about. if I should just stay on hormones because I'm scared what people would think. I've told some people and they can feel my pain and are supportive.

I'm worried now that I'll never appear delicate unless I'm underweight. at this point I'll try anything. just to have peace. also it's pretty pain seeing people in hear who haven't been on hormones and had surgery say they are detransitioning and they are happy they did it early. I think I'll be able to get through this. if I can stop ruminating on breastfeeding my non existent children and make some attempts to lose weight and figure out my end goal but it is debilitating and hard to cope with when I see other women.



level 1

[throwaway7576349h](#)

[·17 hr. ago](#)

questioning own gender transition

I'm so sorry. I'm on the opposite side of this, however, I think I can relate 100% to you. I feel like I woke up from a spell, somehow, and woke up in a body that I totally ruined. I feel horror. In some ways, I feel like I've sleptwalk into this, and now I've finally stirred and lost my religion. I also wonder how many of us are as happy as we claim. Like you said, that level of fervor and zealotry, once you buy in, it's embarrassing to walk back from.

June 12, 2022



[r/detrans](#)

.Posted by

u/throwaway7576349h

questioning own gender transition

1 day ago

Am I in too deep? How did you reason about your detransition?

ADVICE REQUEST

Hi all, curious about your thoughts. These are sensitive topics for me, so I made a fake account. I'm new to Reddit, so please excuse any silliness on my part!

I have not detransitioned, but often think about it. There are some things holding me back:

- I was very antagonistic, bullish, and said things I knew were not true ("I will kill myself!" "I have always wanted to be a girl!") to my dear loved ones, causing strain on our relationships and in our family. How can I walk back from this? I am embarrassed.*
- Sunk cost. Perhaps I could just continue on like this...? And just find a way to, internally, come to terms? I am afraid of stopping my treatments. What I'll look like. Another change feels painful to me.*

- *Will my loved ones reject me? Both the ones who finally got on board after so much antagonism I had towards them, but also the ones who were pushing me to "accept my true womanhood"? Will they accept me?*
- *I am also no longer a leftist. I transitioned for many reasons, but a big reason was because I had white guilt. In retrospect, I'm not sure how "gender" relates to race, or why it would make sense that this would ingratiate me with "woke" community. I feel really foolish to admit this.*

I feel as though I've lost my religion, which feels strange, as this should not be a religion. Why does it feel like one? Can anyone relate to any of these matters? Am I in too deep? Have any of you dealt with these thoughts? Feeling alone.

<https://www.lifesitenews.com/blogs/detransitioner-tells-all-in-horrifying-account-of-what-gender-affirmation-really-means/>

‘Detransitioner’ tells all in horrifying account of what ‘gender affirmation’ really means

Read this and consider the fact that we are literally doing this to thousands of children as we speak.



TZIDO SUN / Shutterstock.com

[Jonathon
Van
Maren](#)

• 8

Tue Jun 14, 2022 - 3:03 pm EDT

Listen to this article

0:00 / 7:19

1X

[BeyondWords](#)

Reader advisory: This article contains a graphic discussion of genital mutilation and incontinence.

([LifeSiteNews](#)) — A [stunning new set of polling data](#) indicates that rates of teens identifying as transgender continue to trend sharply upwards. This is happening just as

we are beginning to get a clearer picture of what it means when teens and children opt for the life-long medicalization of transition (or what trans activists, in a brilliant gaslighting manoeuvre, call “gender affirmation.”)

That “gender affirmation” is being increasingly exposed, by those who have undergone the battery of hormones and surgeries that it entails, as a horrifying life sentence. One story was recent posted to Twitter by a young man using the name “TullipR.” It has gone viral since being [retweeted](#) by J.K. Rowling, and I would [like to quote it in full](#)—I’ve retained the grammar errors and am rendering his testimony as he wrote it:

I want to tell everyone what they took from us, what irreversible really means, and what that reality looks like for us. No one told me any of what I’m going to tell you now.

I have no sensation in my crotch region at all. You could stab me with a knife and I wouldn’t know. The entire area is numb, like it’s shell shocked and unable to comprehend what happened, even 4 years on. I tore a suture 4 days post recovery, they promised to address it, i begged them in emails to fix it, they scorned me instead. Years later, I have what looks like a chunk of missing flesh next to my neo-vagina, it literally looks like someone hacked at me. They still wont fix it.

No one told me that the base area of your penis is left, it can’t be removed – meaning you’re left with a literal stump inside that twitches. When you take Testosterone and your libido returns, you wake up with morning wood, without the tree. I wish this was a joke. And if you do take testosterone after being post op, you run the risk of internal hair in the neo-vagina. Imagine dealing with internal hair growth after everything? What a choice... be healthy on Testosterone and a freak, or remain a sexless eunuch.

And thats something that will never come back and one of the reason why i got surgery. My sex drive died about 6 months on HRT and at the time I was glad to be rid of it, but now 10 years later, Im realising what im missing out on and what I won’t get back. Because even if i had a sex drive, my neo vagina is so narrow and small, i wouldn’t even be able to have sex if i wanted too. And when I do use a small dilator, I have random pockets of sensation that only seem to pick up pain, rather than pleasure.

Any pleasure I do get comes from the Prostate that was moved forward and wrapped in glands from the penis, meaning anal sex isnt possible and can risk further damage. Then theres the dreams. I dream often, that I have both sets of genitals, in the dream I’m distressed I have both, why both I think? I tell myself to wake up because I know its just a dream. And I awaken into a living nightmare.

In those moments of amnesia as I would wake, I would reach down to my crotch area expecting something that was there for 3 decades, and it’s not. My heart skips a beat, every single damn time. Then theres the act of going to the toilet. It takes me about 10 minutes to empty my bladder, it’s extremely slow, painful and because it dribbles no matter how much i relax, it will then just go all over that entire area, leaving me soaked. So after cleaning myself up, I will find moments later that my underwear is wet – no

matter how much I wiped, it slowly drips out for the best part of an hour. I never knew at 35 I ran the risk like smelling like piss everywhere I went.

Now i get to the point where im detransitioned and the realisation that this is permanent is catching up with me. During transition, I was obsessive and deeply unwell, I cannot believe they were allowed to do this to me, even after all the red flags. I wasn't even asked if I wanted to freeze sperm or want kids. In my obsessive, deeply unwell state they just nodded along and didnt tell me the realities, what life would be like. And finally, theres dilation, which is like some sort of demonic ceremony where you impale yourself for 20 agonising minutes to remind you of your own stupidity. This isn't even the half of it. And this isn't regret either, this is grief and anger. F**k everyone who let this happen.

Posted by

[u/detransmannn](#)

detrans male

1 day ago

Lupron and handicapping long term joint pain

I'm new to this place as you can tell from my account, but I'm a 28 year old detrans man who was on lupron for over 6 years before detransitioning and stopping all HRT almost three years ago, and it has left me with chronic joint pains that have been preventing me from doing much more than just living. I can't enjoy my hobbies, any physical activity is out the door, I can't even take proper walks. Some people might revel in the idea of sitting and watching TV for the rest of their life but I don't, I need to be active and I can't even play video games without my hands killing me.

I'm desperate for any help with this, I've been to many doctors for over a year now and none of them can find the source of the problem, even my hormone doctor has said nothing about it and even told me to just ignore and live with it. But I'm realising now that it might actually be from the lupron he gave me all these years.

After just a brief search I found many anecdotes and statistics of people suffering from the same chronic joint pains that I am to various degrees, some completely handicapped and unable to even stand. I cannot find much about a solution, if there even is one.

I'm hoping now that someone here can point me to anything of use, or even share their own experiences if they are in a similar position. I just managed to figure out how to handle my

dysphoria and now I want my life back, I want to be able to play the musical instruments I've spent a decade and a half practicing that I now cannot touch for more than 10 minutes a day. I want to be able to go out with my friends, can't even get myself to the doctor without feet and knees hurting like hell for days after.



[r/detrans](#)

.Posted by

u/No_Tart_7097

questioning own gender transition

11 hours ago

fear of the dark after going off of t / voice stuff

[CRY FOR HELP](#)

i am scared of the dark now. and of the rooms i sleep in. i think this is because im associating going to bed with waking up and hearing my voice at its worst after my sinuses drain all night. i also just listened to my voice pre-t and i want to cry. its so much higher than i thought it was. i went off of t quickly after my voice dropped at around 7 months on it. but people like my grandma just think i

have a cold. can my voice come back from this? has anyone experienced their voice coming back without training? can i sing again? i keep posting but its just so scary and i need proof that is so hard to find. i dont even want my voice to be what it was before t, maybe just halfway to what it was. so i can hit the same notes again. please give me your stories.

i only do singing as a hobby so i couldnt use any terms accurately, but i used to be able to sing along with ALL of mitski's "a pearl", and now, on my VERY best day, i was able to sing along to the lower parts of "all ive ever known" from the obcr of hadestown. my throat's pain and swelling has gotten better, but its still discouraging. the lumpy feeling and the constant sensation is overstimulating. my dad offered me advice similar to yours, he said it like this: "have you even thought that you might just sing better after you get through this?" i have a doctors appointment on the 3rd of august to check out my throat and to possibly get a physical/bloodwork. you are the only person ive found in the same place as me, if youre comfortable, id love to connect on something like discord or facebook (i dont even know if reddit has messaging, if it does, that would work too) where i could send you a clip of my old voice and of my voice now, singing and just talking, and maybe we could talk more about our experiences. thank you so much for your input, its been extremely encouraging. i can hear my older range showing up as a whisper recently.



[r/detrans](#)

.Posted by

u/annnaconnnda

questioning own gender transition

15 hours ago

a better love life = a better life

RANDOM THOUGHTS

Plain and simple, I like cis women. Seeing a girl from my town this week in public and the resulting feelings I had made me question things that I'd been repressing through the last 8 months of my slow transition (mtf).

When I self-reflect I thought about how badly I wanted to be with her, and I was actually able to imagine myself being a man, having a male body, and being intimate with her. This was where I was and still do have the most trouble, is having that desire of being with a woman sexually as the active partner, with a male body, that precludes sexual experience.

I was able to do that because I thought, what if I could just be feminine inside. That she doesn't just see me as a man, because I know my other half, and I know I'm not just a man deep down.

So what is at the heart of it? I didn't want to be seen as a man, be loved as a man, love as a man, be all but a man. My idea of what a man is lead me to feel disconnected to my own inherent sensuality, my own feelings, and my own desires. If you don't value yourself and what you're getting out of a relationship, you will feel angry, bitter, lost, empty. I now think it's possible to see sensuality in your own body as a man. But no, it wouldn't be the same as what girls feel.

Now that I upped my dose of Spiro and testosterone is really starting to decrease, and since I've had months already down this road, I don't want to present as hyperfeminine or even wear makeup. I want my hairline back to where it was when I was 21 (now 26), and I like how it makes me look younger and cuter. I don't mind the A cups as much as I thought I would, but it puts me in a weird in-between of looking mostly like an attractive guy and then having boobs, which no one finds attractive. And that's the big issue.

Is my love life has been horrible, obviously. Now that I have A cups and look 21 in my face, except for a receding hairline that's starting to see new growth finally, I'm just too in-between since I still present as male. I've been manmoding this whole time, so maybe that has something to do with it. But I started at 25, and I still live at home, and I simply didn't feel comfortable doing it. But now I realize I'd prefer to dress as a tomboy anyway, because, honestly, I can't pull off super feminine looks. It literally couldn't get any worse on online dating, and obviously cis women are not going to be attracted to me.

And I think that's a big deal for me. A huge deal. I was always very into women, had a high sex drive, and honestly I'm a hopeless romantic with them. I was blessed with this gift of being connected to my femininity more than other men, and so I was good with women because I was dynamic, and connected with my feelings like they are. I've never felt higher highs and lower lows than I have with women. Without them, I am miserable. I've been living, but it's not much of a life to me.

So I could see if my hairline improves, and let myself feminize more, and see if I can get more attraction from lesbians and cis girls. But I need to pass without makeup, and if I can't I'll have to get surgeries, which I don't have the money for.

Or I could stop now, follow the path of seeing the femininity within myself, go to therapy and make sure I'm attending to my own feelings, and I guess get breast removal, since it looks like I have gynecomastia now.

Reading this back it feels a little scrambled. But I don't know, reddit. I think I might have to give up on this dream.



level 1

[gogococogoat](#)

[·5 hr. ago](#)

desisted female

Because I wasn't society's average, hyperfeminine woman I thought something was wrong with me and I couldn't exist in this world as a masculine woman/tomboy. I thought because I loved differently I couldn't be a woman and that messed me up big time. It's crazy what the internet does to younger people since I was never even raised in that type of sexist environment.

I can't really give much advice other than you know who you are, your disabilities and the opinions of others don't define you

Vote

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level 1

[AngelCrumb](#)

[·10 hr. ago](#)

desisted female

Pretty much all that except I didn't have any female idols, except my grandma who died when I was fairly young. Girls have very strict social rules and I found being an autistic female, you are forced to mask at a very young age. I always and still do get along with males better, the only exception is that I get along fine with other autistic females for some reason. When I found out I was autistic I stopped transition, because to me I think my dysphoria was caused by autism

Posted by

[u/sailorwannabe98](#)

detrans female

2 days ago

Questioning fertility

Has anyone experienced a miscarriage while they were on T? I didnt know I was pregnant at the time, but during my transition, I took my usual dose of T and immediately miscarried the next day. I've experienced a second miscarriage about a year and a half off, and now I'm worried about whether or not I'd be able to carry in the future. I can't see a doctor for this anytime soon between me planning a big move, and having to change health insurance. I'm not planning on having a child anytime soon, but I'm so worried that my goal to be a mother is not possible.

In response to a question about why you thought you were trans and realized later you weren't



level 1

[Sonderosity](#)

[·3 days ago](#)

Detrans Female

Internalized misogyny mostly resulting from religious upbringing But also society in general. Birth order- I was the 3rd girl and always felt inferior to my older sisters. Sexual trauma from an abusive relationship in high school and dealing with uncomfortable objectification such as cat-calling. Depression and low self esteem. Eating disorder, specifically anorexia. Unrealistic expectations about what I could achieve through transition.

108

Posted by

[u/ClydeFallon](#)

questioning own gender transition

1 day ago

How to accept that mistakes were made?

[CRY FOR HELP](#)

How can I learn to accept that I can't go back in time and undo my transition? How can I accept the fact that I made a mistake when I was 14? How can I stop being angry at the so called "professionals" that allowed me to go on hormones and have top surgery this young? I have way too many emotions in me and I can't deal with them anymore. Every time I see an item that I have used

or seen before my transition or at least before my top surgery I get depressed. I remember those times and I grief what I lost. I can't go to to places I have been before transition without feeling pain. My remorse is tremendous. I can't deal with it. I can't imagine that I will ever be happy again. Any positive stories of detrans people in this sub who are able to be happy again? I don't want to always have to explain myself to people. I just want to live my life as a normal girl. I'm 17. I can't go to school as I'm mentally not able to. I miss my old voice and my old body. I see girls my age and I can't put in words how extremely jealous I am that they can just be happy in their body. Why did I have to do this mistake? I need hope. I need to hear success stories. Any detrans people here that can give me hope that one day I can be happy again?

I know I was a child. I mean I'm still not an adult yet. That is what makes this so so hard. How come I have already destroyed my life before I'm even an adult. I know it's not destroyed and I know I can still experience many good things, but right now it feels like my life is destroyed. I wanna experience stuff the way my friends are experiencing things, but I can't. I surely have anger against some people who did this to me and I even tried expressing it to them a bit, but they don't feel responsible it seems. But I don't know. Then there are the people that truly did all they could and that aren't to blame (my mom, me) who blame themselves the most, but aren't even at fault. It's hard but I will try to stay strong.

I know that almost everyone has problems and they don't always show that but still I wonder why me. Why does everyone else (in my class, friend group, family, people I know) seems to be happy to be born in the body they were born in gender wise and why couldn't I always have felt right in it. Even without all this transitioning thing I would have had enough to worry about (ocd, School). I just don't want to accept this all. I just want it to not be true. I can't look at the past like I used. I suffer and yeah I do think they wanted to help me, but I still would have needed someone who would have at least questioned me. But no, everyone who heard of my story immediately thought that transitioning is the right way. I will have to accept it somehow one day. But right now sadly I still care too much hat others think about me. Thank you so much for taking the time reading my post and even answering. It really means a lot to me and helped a bit



[r/detrans](#)

.Posted by

u/Sileta1

Socially Trans - Regrets Medical Transition

7 hours ago

why did I do this to my body?

*Dysphoria with "body hair" shouldn't be treated with such a bad chemical.
The problems with my genitals should have been worked on, but I thought mutilating it was the right thing to do.
How did all this happen in such a short time?
Now there's no turning back*



[throwouthdhsjsjsi](#)

[·22 hr. ago](#)

detrans female

I was 14 and I was absolutely immature, as 14 year olds are. No doctors should have listened to me and I have a lot of guilt that they coerced my parents into agreeing to things under the threat of my imminent suicide if they didn't. I was a depressed and troubled, and yes, immature child. Who the hell expects kids NOT to be immature.



[muaddict071537](#)

[·17 hr. ago](#)

desisted

Yeah my mom was told that my blood would be on her hands. I realized I wasn't trans before going through with any of the medical stuff, but man, it's so twisted and manipulative to tell that to a child's mother.



[workinstork](#)

[·21 hr. ago](#)

desisted

I remember they tried coercing my mom with the suicide/self harm shit too. It's fucking evil :(I don't even self harm and had suicidal thoughts for different reasons but they told her that "it's a high chance of happening" without even talking to me. I still feel so shitty that my mom got dragged through this shit

Interview with a detransitioner published today in "A REUTERS SPECIAL REPORT: A gender imbalance emerges among trans teens seeking treatment"

NEWS

"Prisha Mosley is one of several people who told Reuters that, in hindsight, they think the medical professionals who helped them transition should have evaluated them more thoroughly and advised against medical treatments they now regret.

Starting in her early teens, Mosley, who was assigned female at birth, struggled with anorexia, anxiety and depression. She attempted suicide by drowning, and a sexual assault added to her trauma.

Isolated and miserable, she sought friends online, where she met a group of people on Tumblr who told her that if she hated her body, felt suicidal and didn't fit in with her gender, she was transgender. "I wanted to do the treatment that would fix that," Mosley, now 24, told Reuters. Mosley socially transitioned, adopting a male name and pronouns and coming out to her mother with a PowerPoint presentation.

But that, as well as therapy and the help of a specialist in pediatric eating disorders, did not ease her distress. In January 2015, she was hospitalized after cutting her wrist with a knife, her medical records from Cone Health in Greensboro, North Carolina, show.

Later that year, Mosley said, a therapist diagnosed her with gender dysphoria after a single visit. By July, Mosley began treatment with testosterone under the care of her doctor at Cone. The hormone immediately boosted her energy, and her appetite improved. But her depression and suicidal thoughts persisted.

Cone Health spokesperson Doug Allred would not comment on Mosley's case specifically. He said the health system's gender-affirming care is based on established guidelines and provided to patients who undergo psychological assessment and have parental consent. "An individual's perspective about their gender-affirming care can sometimes change," he said.

Mosley's mother, Christine Bourgeois-Mosley, said that she struggled for years to accept Mosley's identity, but she consented to gender treatment because of her child's persistent suicidal thoughts. Mosley's therapist, Shana Gordon, and her physician at Cone, Dr Martha Perry, assured the family

that it was the right thing to do, both Mosley and her mother said. Gordon and Perry declined to comment on Mosley's care.

When Mosley turned 18, she had surgery to remove her breasts. Her mother objected to the surgery, but accompanied Mosley anyway. "What was I going to do, let her go by herself?" Bourgeois-Mosley said.

Mosley said the physical transition did not alleviate her depression; she continued to cut herself. Her mental health began to improve only after several years of behavioral therapy. At 22, she stopped taking testosterone and determined that she regretted transitioning.

"I decided that I didn't want to be a woman before I had ever even experienced being a woman," said Mosley, who is now studying psychology at a community college in Michigan. "Now I feel like I will never entirely know."

Mosley suffers from painful vaginal atrophy, marked by dryness and inflammation of the vaginal walls, a common side effect of testosterone that she said she didn't fully understand when her doctor warned her about it. She is undergoing laser treatments to remove the facial and body hair brought on by testosterone, and she hopes to be cleared for breast reconstruction.

Mosley said she wishes her doctors had focused more on her mental health instead of endorsing her desire to change her body. "I just took the cure that was handed to me," she said, "and I ruined my life.



level 1

[skaarmixxo](#)

[·13 hr. ago](#)

detrans male

When I was younger, I was generally non-conforming and happy with my birth sex. But due to that, doctors thought I was transgender and I kind of blindly followed what they said. My family was so

excited for me to go on Lucrin/Lupron and Estrogen, but I kind of found it weird. But I didn't stop mainly due to pressure and also due to DV. So, yes, I kind of feel like I was mindlessly transitioning.



level 1

[bpd bby](#)

[·14 hr. ago](#)

detrans

Yeah, I've also struggled with anorexia a while back and it actually felt interestingly similar. It lets your focus on just one part of your life and as long as you have control over that, you don't need control over anything else.



level 1

[PorthosMoonPower](#)

[·20 hr. ago](#)

desisted male

Yes! I was absolutely unrealistic about what I was doing, what my life was like, and what I expected would happen. I just lived every day of my trans life on autopilot, doing the bare minimum and thinking about little except trans stuff.



level 1

[throwawayggwp](#)

[.23 hr. ago](#)

detrans male

Yes, I think I feel something similar. My transition was rooted in trauma and abuse, and in retrospect there was definitely a daze-like effect to the whole experience. As if that period of my life is blanketed in a thick haze, and I still feel a bit of the residue of that haze, just coming out of it. But only now that I'm out have I come to realize the extent of the dazed state I was in. It's like I'm waking up from a dream.



[r/detrans](#)

.Posted by

[u/nowaynoway62727](#)

detrans female

How to deal with body hair in a realistic way?

ADVICE REQUEST

This is so exhausting. And I can't afford laser for my whole body.

I have it literally every square inch of me, I tried waxing and I'm sticking to that but even that is so ridiculously exhausting.

I can't wax my back by myself and I don't trust anyone else to. I never had the ability to wear girly things and look ok really, I've always been pretty hairy. Granted, it was light enough that no one could see but now it's absolutely awful.



I'm so jealous, and always have been, of girls who just exist being able to wear things that show their skin. I can never do this, I'm so incredibly hairy it's nightmare. How do you deal with this and get rid of it/manage it/get to the hair that's hard to reach/deal with the exhaustion of how much you need to cut it off???



r/detrans

.Posted by

u/Material_Juice5369

[Detrans]  

21 hours ago

How do you deal with biological differences now ?

ADVICE REQUEST

Ok, so, I'm still scared shitless because I stopped taking T. I'm scared for my safety, I've been assaulted many times in my life, and I just struggle with the idea of being physically weak (I know, I know, it's lame, I'm working on it). I'm still training and doing sports but I struggle with the idea that I will still be weaker than most men and I wouldn't be able to defend myself. I'm at a point where it's beginning to turn into an obsession, I'm struggling to sleep and so I'll just check medical studies on my phone about biological differences and strength differences between men and women. I've been doing that for days now. Being strong and able to defend myself has always been a very very very important thing in my life, and stopping T was super hard (and honestly, I managed to stop because it was in fact making me weaker because of health issues... I don't know if I would've stopped otherwise, probably not tbh, even if I stopped believing in gender identity).

I know it's lame, I'm still working on it.

How is everyone else dealing with biological reality ? Strength ? Differences between male and female



r/detrans

.Posted by

u/jjheygayftm

detrans female

i don't know how to live

CRY FOR HELP

I am completely broken, my mental health deteriorated to the extent where I can't sleep EVEN on the highest doses of tranquilisers (I'm on them for more than 3 Years) I cry every day because I'm so lonely, I've never been that lonely before, and I can't socialize because I'm an ugly hairy woman with a horrible voice. The last 4 years were the worst in my life and every year it's getting more and more horrible. I started transitioning because of my abusive ex who literally MADE ME TRANSITION. And now she lives her fucking life and doesn't give a shit. My body is constantly in pain because of chronic insomnia and anxiety, my therapist doesn't help me at all and I don't know what to do. Every day is just a survival for me. Every day I'm trying my best to not commit "sooicide" because my life is a prison and I don't know how many years more I'll spend in there. I'm 24, my social life is zero, I don't have anyone to talk to, let alone to have relationship with. I can't understand why me and why so much suffering. The day I realized I'm not trans I thought it would bring me some relief and soothe my anxiety, but it just worsened it, cuz now I'm dysphoric about my disgusting deep voice, my viking beard, being a tall gorilla and not having any chance of being socialized



[r/detrans](#)

.Posted by

u/Unusual-Lawfulness48

questioning own gender transition

3 days ago

retransition, but questioning another detransition

ADVICE REQUEST

(My personal comment - Clearly, gender identity is fluid and much of it is based in how they compare themselves to others).

i'm AFAB, 21, came out as trans at 15 and have been on T for a year and a half. i tried to detransition around christmas after dabbling between the two, but felt incredibly ill the day after and the only thing that helped me not feel ill was the thought of my transition as a trans guy so i just decided that maybe my brain was repressing my actual identity.

however, i've been having detransition thoughts for a while. i envy women and how/what they dress and want to purchase their clothes but my brain stops me and refuses because im a "trans man" even if it's something i really wanted to purchase. my (cis) boyfriend has also turned into some form of femboy which i get jealous of how he can wear such cute clothes and still be comfortable as a man bc i picture myself wearing them in some silhouette of a female body as opposed to my own. my bestie of 5 years also recently detransitioned back into a female and i felt relief and relatability when she did and think about her often and how she seems so comfortable and accepting when she used to heavily identify as ftm for years. has anyone else felt this way, or similar, and what made you finally notice that maybe detransitioning is the best option and have comfort in that choice? i dont want to regret not detransitioning but i'm scared that i'll also detrans and live in constant doubt that it was the wrong decision because i don't know how to truly become content in my identity as a cis female.

Very good article about a mother whose very young daughter was claiming to be trans. Hear her story of what the "experts" and the "doctors" advised, and what she discovered throughout this process.

Here is an excerpt from the article, but I would encourage you to read the whole thing.

"For the first time, Stella helped us dig into these underlying factors in order to assess where Sam's true self really was. Sam knew she was a girl ... she just wasn't happy about it. This is not a transgender child.

Truly supporting Sam long term became about helping Sam feel okay about her true self—not hiding behind a shaved head, boys' clothes, and false pronouns. But we had some work to do to get there. We silently started letting Sam's hair grow out and we covertly tried to find the most feminine-looking clothes Sam could tolerate. As I explored this issue, I realized that this wasn't being sneaky, this was like giving a child their vegetables—they may not like them but they need them!...

The second step was to have a conversation with Sam that was very matter-of-fact. "Sam, we think that living with this secret that you are a girl is not healthy for you so we are going to start using she/her pronouns. Everyone knows you are a girl and they still love you just the same."

And guess what? Sam was extremely relieved! We never saw her so happy. She didn't really vocalize her sense of relief but we saw it. She no longer was paranoid about being found out as a fake boy."

https://pitt.substack.com/p/sams-story?utm_campaign=post&utm_medium=web&fbclid=IwAR1TbhpDcYdN9OHqE4kPGP32WeG7ZQ6i7zc6mGPYwKaUxTdoi49SyrZi-8U